

# BREASTFEEDING RESOURCES

## WASHINGTON & OZAUKEE

### LACTATION CONSULTATION, IN-PERSON AND PHONE SUPPORT

#### **Ascension Columbia**

**St. Mary's Hospital, Ozaukee**

Lactation Support: 262-243-6632



#### **Aurora Medical Center Grafton**

Lactation Support: 262-329-4907



#### **Froedtert Menomonee Falls**

Lactation Support: 262-257-5057



#### **Froedtert West Bend**

Registration and Lactation Support:  
262-836-8386



#### **Health Department**

Lactation Support: 262-284-8170  
WIC Peer Counselor: 262-808-7195,  
call or text anytime  
WIC: 262-335-4466



#### **National Women's Health and Breastfeeding Hotline**

M-F, 8am-5pm, call: 1-800-994-9662

#### **West Bend LaLeche League**

Lactation support: 414-477-6674

### BREAST PUMPS

1. Contact your insurance provider
2. Ask how to get your personal electronic pump
3. Check with a lactation consultant to assure you chose a good quality breast pump

Many private health plans now cover pumps as part of the Affordable Care Act.

You may need to order the pump through a Durable Medical Equipment Provider (DME).



### WEBSITES & APPS

Breastfeeding Solutions (app)  
coffective.com  
healthychildren.org  
kellymom.com  
llofwi.org  
milkbankwgl.org  
wicbreastfeeding.fns.usda.gov  
womenshealth.gov/breastfeeding  
workandpump.com

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#### **Froedtert Menomonee Falls**

Lactation Support: 262-257-5057

Breastfeeding Classes: 414-805-3666

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[llofwi.org](http://llofwi.org)

[milkbankwgl.org](http://milkbankwgl.org)

[wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)

[womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)

[workandpump.com](http://workandpump.com)

## WORKING WHILE BREASTFEEDING

### **Fair Labor Standards Act (FLSA), Section 7 -**

Employers are required to provide "reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child's birth each time such employee has need to express milk." Employers are also required to provide a place, other than a bathroom, for the employee to express breast milk. This place must be out of view and free from intrusion from coworkers and the public.

### **Wisconsin State Statute 253.16 -**

A mother can breastfeed her child in any public or private location where the mother and child are otherwise authorized to be. In such a location, no person may prohibit a mother from breastfeeding her child, direct a mother to cover her child or breast while breastfeeding, or to otherwise restrict a mother from breastfeeding.



*"Breastfeeding is an instinctual and natural act, but it is also an art that is learned day by day. The reality is that almost all women can breastfeed, have enough milk for their babies and learn how to overcome problems both large and small. It is almost always simply a matter of practical knowledge and not a question of good luck."*

- La Leche League

## MEDICATIONS & BREASTFEEDING

When you are breastfeeding please remember to contact your doctor before taking any medication (prescription, over the counter, vitamins/supplements).

## WASHINGTON OZAUKEE BREASTFEEDING COALITION

### **Mission**

To create a positive, supportive environment for breastfeeding mothers and children by working collaboratively to protect, promote, and support breastfeeding, therefore improving the health and well-being of our community.

### **Vision**

Breastfeeding will be accepted as the norm throughout Washington & Ozaukee counties resulting in increased rates of breastfeeding initiation and duration.

## LEARN MORE



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<http://www.washozwi.gov/Services/Breastfeeding-Coalition>

